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Final Exam: NUR163/ NUR 163 (NEW 2023/ 2024 Update) Concepts of Practical Nursing in the Care of Elderly Patients Exam Review| Questions and Verified Answers| Grade A – Hondros

QUESTION
What does a physical therapist assess for?

Answer:
Gait, pain and ROM

QUESTION
If you have a patient who is bed bound what should you do?

Answer:
ROM, isometric exercises

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QUESTION
What is a good exercise for a patient who have osteoporosis?

Answer:
Wight bearing exercise

QUESTION
If someone is in pain and you are trying to do something to improve the pain, what can you do?

Answer:
Find something that improves the pain by ASKING them

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QUESTION
Orthostatic Hypotension

Answer:
When a person stands up, blood pressure drops, person could faint

QUESTION
What are interventions for orthostatic hypotension?

Answer:
Have patient stand up slowly, let patient sit on the side of the bed and dangle feet.

QUESTION
Intervention for someone experiancing shortness of breath?

Answer:
Encourage patient to take frequent breaks

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QUESTION
What is polypharmacy?

Answer:
Multiple medications, multiple providers

QUESTION
What does polypharmacy increase the risk of?

Answer:
Falls

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QUESTION
What is hypothermia?

Answer:
A core body temperature of 95 or lower

QUESTION
Why is the older adult at a increased risk for developing hypothermia?

Answer:
Normal changes in aging affect the body's ability to regulate temperature. Changes in the skin reduce the older person's ability to perceive dangerously hot or cold environments. Decreased muscle tissue, decreased fat and decreased metabolic rate affect the amount of heat produced and retained in the body

QUESTION
What disease processes decrease heat production?

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Answer:
Hypothyroidism, hypoglycemia, and malnutrition

QUESTION
What medications that decrease enviromental awareness to extreme temperatures....

Answer:
Barbiturates, tranquilizers, and antidepressants can increase risk of hypothermia.

QUESTION
Can alchohol increase the risk of hypothermia? If so, how?

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